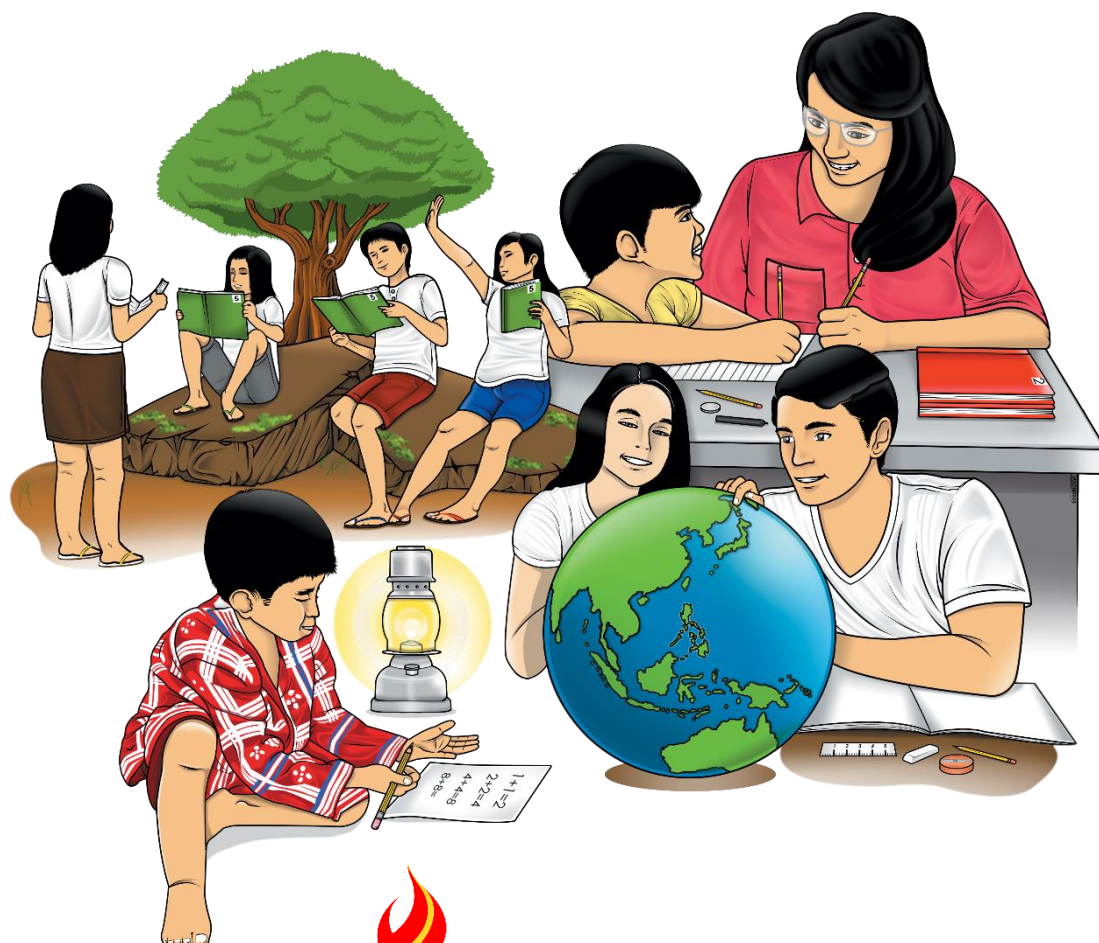


Physical Education

Quarter 1 – Module 2: Basic Exercise Program



Physical Education – Grade 7
Alternative Delivery Mode
Quarter 1 – Module 2: Basic Exercise Program
First Edition, 2020

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Published by the Department of Education
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Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by _____

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Physical Education

Quarter 1 – Module 2: Basic Exercise Program

Introductory Message

For the facilitator:

Welcome to the P.E 7 Alternative Delivery Mode (ADM) Module on Basic Exercise Program!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the P.E 7 Alternative Delivery Mode (ADM) Module on Basic Exercise Program!

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

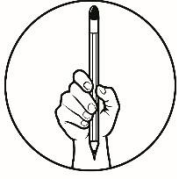
This module will help you understand the basic exercises in individual sports. An exercise involves physical activity or movement of the body that will increase the heart rate from normal level. A regular physical exercise can improve your muscle strength and cardiovascular endurance. It also helps reduce the risks of serious illnesses. Make sure that your exercise program helps develop your skill-related fitness.

This module is about:

- Basic Exercise Program

After going through this module, you are expected to have learned the following competencies:

- Prepares an exercise program. (PE7PF-Ic-27)
- Undertakes physical activity and physical fitness assessments. (PE7PF-Ia-h-23)
- Monitors periodically one's progress towards the fitness goals. (PE7PF-Id-h-28)




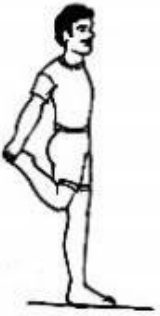
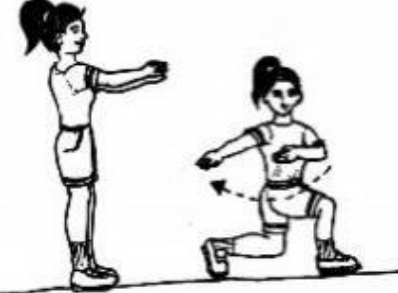


What I Know

Pre-Test

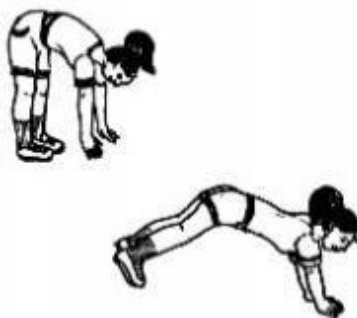
A. Directions: Choose the letter of the best answer.

1. What type of exercise is more appropriate in the cool down as they help the muscles to relax?
 - a. Static stretching
 - b. Strength exercise
 - c. Dynamic stretching
 - d. Endurance exercise
2. This type of exercise prepares the muscles for active contraction.
 - a. Static stretching
 - b. Strength exercise
 - c. Dynamic stretching
 - d. Endurance exercise
3. Which of the following is an example of static stretching exercise?
 - a. Calf
 - b. Front swings
 - c. Plank walk-outs
 - d. March and Reach
4. Which of the following is an example of dynamic stretching?
 - a. Calf
 - b. Chest
 - c. Upper back
 - d. March and Reach
5. These exercises are done by doing gradual stretching activities from upper to lower extremities.
 - a. Strength exercises
 - b. Endurance exercises
 - c. Flexibility exercises
 - d. Warm-up exercises

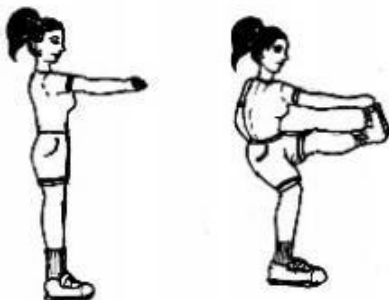
B. Directions: Look closely at the pictures below. Put a check (✓) on the column if it refers to dynamic stretching or static stretching.

	Exercises	Dynamic	Static
1. March & Reach		_____	_____
2. Front of Thighs		_____	_____
3. Lunge Torso Twist		_____	_____
4. Knee & Thigh		_____	_____
5. Calf		_____	_____

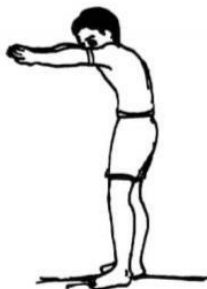
6. Plank
Walk-Outs



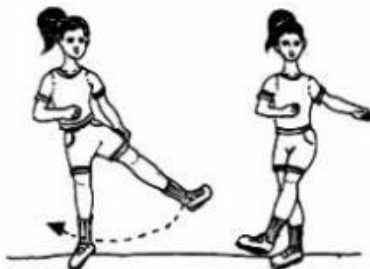
7. Front Leg
Raise Toe
Tap



8. Upper
back



9. Side Cross
Swings



10. Back of
Upper
Arm



Lesson

1

Basic Exercise Program

In your previous lesson, you have undergone Physical Fitness Test (PFT) and set your fitness goals. This lesson will equip you with the basic knowledge and understanding about the different kinds of exercises for you to reach your set fitness goals.



What's In

Directions: In your previous lesson, you had undergone PFT. Let's recall the different tests that you went through. List down at least three (3) skills-related fitness test and three (3) health-related fitness tests.

Skills-Related Fitness Test	Health-Related Fitness Test
1.	1.
2.	2.
3.	3.



What's New

In this activity, you will be introduced to several warm – up exercises to avoid injuries and to condition your body better before performing a physical activity.

Activity 1: WARM ME UP

This activity will prepare your body for any physical activity.

Procedure:

1. Obtain and record your RHR.
2. Do the following exercises:
 - a. 5 - Minute jog in place or jogging around.
 - b. Head stretch – 10 seconds (forward, backward, sideward)
 - c. Arm stretch – 10 seconds (right and left)
 - d. Leg stretch – 10 seconds (right and left)
 - e. Lunge
 - f. High knees
 - g. Side shuffle (right and left)
3. Obtain and record your heart rate after.

Processing questions:

Write your answer on your activity notebook.

1. How do you find the activity?
2. Were you able to execute them all?
3. Is there an increase in your heart rate after doing the different exercises? How much?
4. Which of the exercises you performed are dynamic stretching exercises and static stretching exercises?



What is It

Read to Understand

What is an exercise program? It is a plan or a program detailing a range of physical exercises and the amount of time each exercise should be performed, used especially in gymnasiums, where they are typically tailored to individuals' needs.

A good exercise program is a key to promote and maintain your good health. It is a way to make sure that you get the most out of your workouts and that you are targeting all your muscle groups. Many people exercise but they do not get the full benefits of their exercises. By planning out an exercise program, you can make sure that you are not wasting your time.

An exercise program that is tailored specifically to your needs is a great way to stay physically and mentally fit. It also provides additional benefits such as: improved condition of the heart and lungs, increased muscular strength, endurance and motor fitness, increased aerobic fitness, improved muscle tone and strength, weight management, better coordination, agility and flexibility, improved balance and spatial awareness, increased energy levels, improved immunity, increased physical confidence, reduced risk of chronic disease (such as type 2 diabetes and heart disease), improved sleep, improved brain function and health, improved general and psychological well-being, greater self-confidence and self-esteem, and improved social life.

In engaging or participating in any physical activity or sports, it is important to start with a warm-up exercise to prepare your body for the activity and end with a cool-down exercise to relax your muscle and return your body to its normal temperature.

There are three things every exercise program should have:

1. Warm-Up Exercise
2. Major Exercise Focus
 - a. Flexibility exercise
 - b. Strength exercise
 - c. Endurance exercise
3. Cool down Exercise

Warm-Up Phase

It is important to increase the body's temperature to prepare the muscles to any succeeding strenuous activity. By warming up, the muscles are provided with sufficient amount of blood and oxygen supply so that they will contract more efficiently. Without warming up, you may have greater risk of physical injuries as you proceed immediately with vigorous activities.

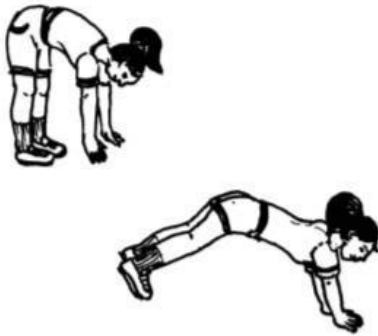
Flexibility Exercises

This phase of exercise follows immediately after warm-up. It is done by doing gradual stretching activities from upper to lower extremities. There are different types of stretching to improve flexibility: static, and dynamic stretching.

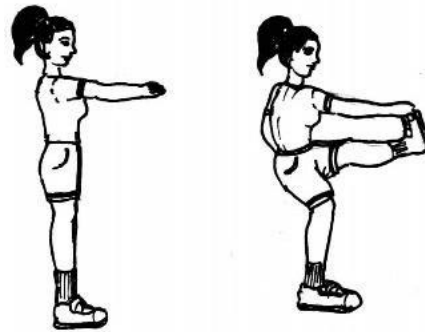
Static stretching is more appropriate in the cool down as they help muscles to relax, realign muscles fibers and re-establish their normal range of movement.

Dynamic stretching exercises specifically prepare the muscles for active contraction. However, they do not cause long-term improvement in flexibility because of the short stretching time.

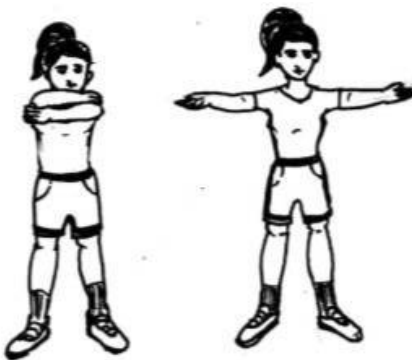
Some examples of dynamic stretching.



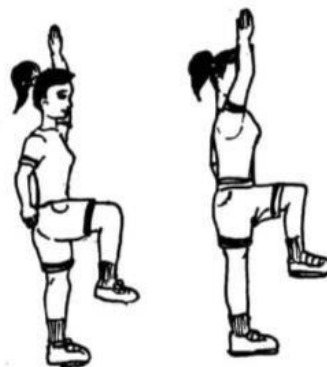
Plank Walk-Outs



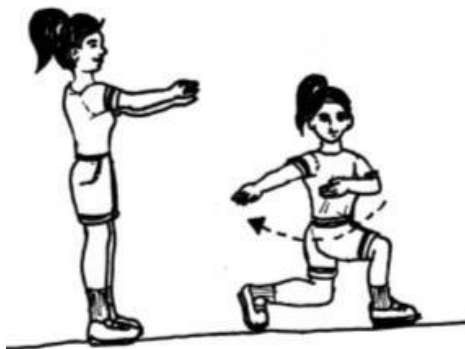
Front Leg Raise Toe Tap



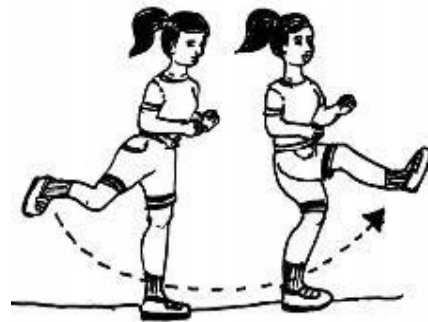
Hug into Chest Expansion



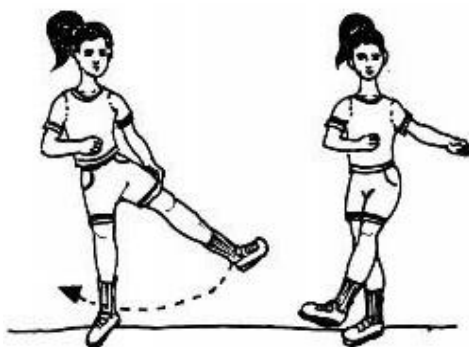
March & Reach



Lunge Torso Twist

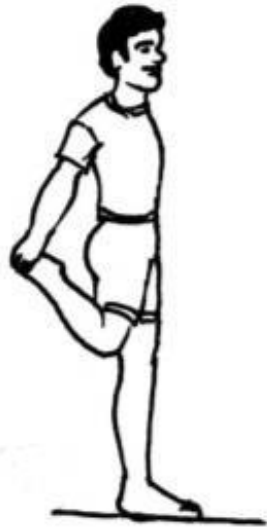


Front Swings



Side Cross Swings

Some examples of static stretching.



Front of Thighs



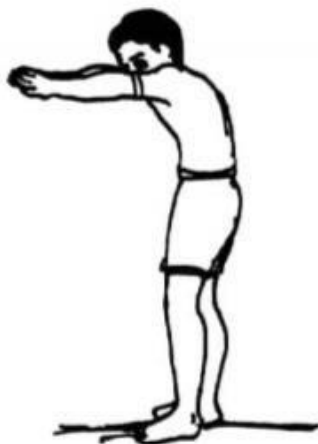
Knee & Thigh



Calf



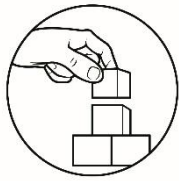
Chest



Upper back



Back of upper arm



What's More

In this activity, you will perform and identify the muscle contractions of static and dynamic exercises.

Activity 1: Move your Body

Directions:

1. Perform the following exercises below.
2. Put a check (✓) if the muscle contraction is *static* or *dynamic*.
3. Repeat the exercises five times.

Exercises	Dynamic	Static
1. Squats		
2. Lunges		
3. Front plank		
4. Side plank		
5. Push-ups		
6. Curl-ups		
7. Jumping Jacks		
8. Toe Touch		
9. Walking High Kicks		
10. Overhead stretch		

Processing Questions:

Answer the following questions in your activity notebook.

1. Which of the exercises you've done were easy to perform?
2. Did you continue performing those exercises which you found to be difficult? Why?
3. Were you confident in doing those exercises on your own? Why?



What I Have Learned

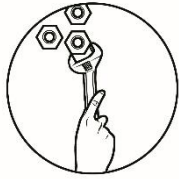
Activity 1: Zumba Moves

Directions:

1. Prepare a 3-minute Zumba dance presentation.
2. Incorporate the components of a basic exercise program: warm-up, exercise proper, and cool-down.
3. Choose the exercises carefully to avoid injury.

Below is an assessment tool to assess your performance for the activity.
Your work will be scored according to the criteria in the rubrics below.

Performance Indicator	5	4	3	2
Performs the stretching correctly				
Displays accurate movements				
Shows positive attitude towards participating in the activity				



What I Can Do

Directions: Using the template below, design a 4 – week exercise program that consists of warm-up (dynamic stretching), exercise proper, and cool down (static stretching). Specify the exercises that you are going to perform in each phase, their corresponding frequency, time, and intensity. The first one is done for you as your guide. Remember to do only the exercises that you can, and increase the frequency, time, and intensity of the exercises as you progress every week.

Exercise Program: Week 1

PHASE	EXERCISES	FREQUENCY	TIME	INTENSITY
Warm-up (Dynamic stretching)	1. Jog in place	3-5 times per week	2-3 minutes	Low - Moderate
	2.			
	3.			
	4.			
	5.			
Exercise Proper	1. Push ups	10 push ups	2 repetitions	Low
	2.			
	3.			
	4.			
	5.			
Cool-down (static stretching)	1. Shoulder stretch			
	2.			
	3.			
	4.			
	5.			



Assessment

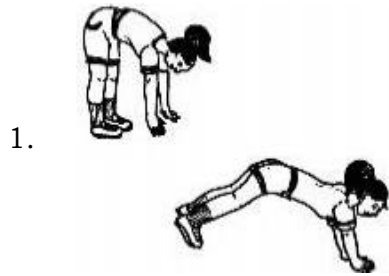
A. Directions: Choose the letter of the best answer.

1. It is done by doing gradual stretching activities from upper to lower extremities.
 - A. Strength exercises
 - B. Warm-up exercises
 - C. Flexibility exercises
 - D. Endurance exercises
2. The exercise that specifically prepare the muscles for active contraction is called _____.
 - A. Static stretching
 - B. Strength exercise
 - C. Dynamic stretching
 - D. Endurance exercise
3. Which of the following exercises is more appropriate as cool down exercise?
 - A. Static stretching
 - B. Strength exercise
 - C. Dynamic stretching
 - D. Endurance exercise
4. The following are examples of dynamic stretching, EXCEPT:
 - A. Calf
 - B. Front swings
 - C. Plank walk-outs
 - D. March and Reach
5. Which is NOT an example of static stretching?
 - A. Calf
 - B. Chest
 - C. Upper back
 - D. March and Reach

B. Directions: Match the image of stretching in Column **A** with the appropriate name of stretching in Column **B**.

Column A

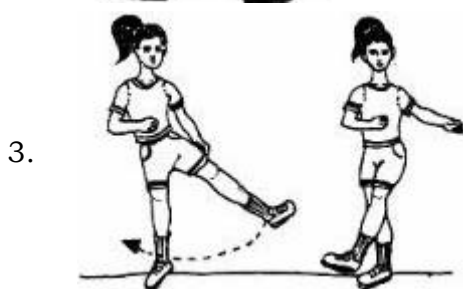
Column B



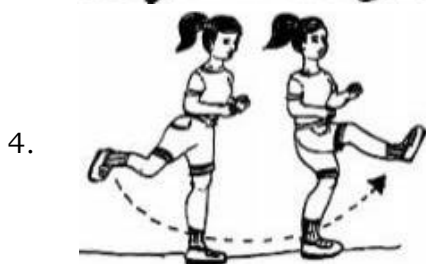
A. Back of Upper Arm



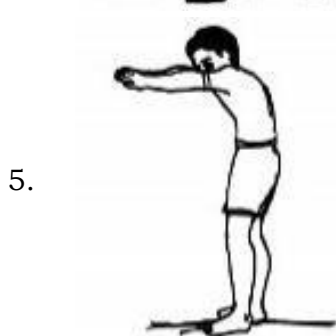
B. Calf



C. Chest



D. Front Swings



E. Hug Into Chest Expansion

6.



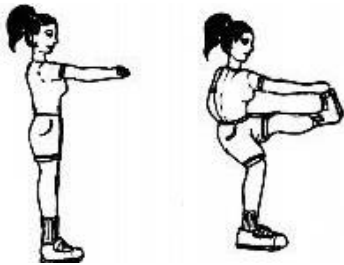
F. Knee & Thighs

7.



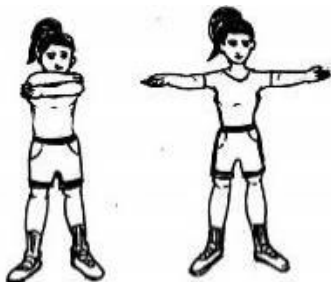
G. March & Reach

8.



H. Plank Walk-Outs

9.



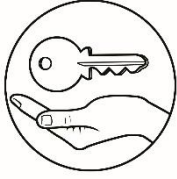
I. Side Cross Swings

10.



J. Upper back

K. Front Leg Raise Toe Tap



Answer Key

Assessment A 1. C 2. C 3. A 4. A 5. D B 1. H 2. B 3. I 4. D 5. J 6. C 7. F 8. K 9. E 10. A	What's In 1. Lack of time 2. Lack of energy 3. Fear of injury 4. Lack of skill 5. Lack of resources	What I Know A 1. A 2. C 3. A 4. D 5. C B 1. Dynamic 2. Static 3. Dynamic 4. Static 5. Static 6. Dynamic 7. Dynamic 8. Static 9. Dynamic 10. Static
--------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

References

Book:

Department of Education, *Physical Education and Health 7 Learner's Material*

Online Source:

<https://www.collinsdictionary.com/dictionary/english/exercise-programme>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/exercise-programs>

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